

Students welcome new citizens

➤ Crossroads students add joy to ceremony

**Penny Coles
Niagara Advance**



Penny Coles Niagara Advance

Crossroads Public School students wave their Canadian flags and extend an enthusiastic welcome to 27 new Canadians who received their citizenship at a ceremony held in the school gym Friday.

Twenty-seven freshly sworn-in Canadians from 17 countries couldn't have received a better welcome than each and every one of them was given by 400 enthusiastic and spirited young students Friday.

A citizenship ceremony is always stirring, usually solemn, but when held at Crossroads Public School in Virgil, it was a joyous celebration as students greeted each of the new citizens with cheers and wholehearted applause, waving their Canadian flags in excitement.

One of the most moving moments of the ceremony was the musical interlude by a roomful of youngsters, flags raised, singing *This Land is Your Land*, accompanied by a group of students on their guitars, a stage of dignitaries joining in—including MP and Minister of Defence Rob Nicholson who swayed to the music and looked a little misty-eyed as he sang along.

Former Niagara Falls Mayor Ted Salci, now a citizenship judge, presided over the ceremony, and although his brief history lesson and talk of civic responsibility was intended for the new Canadians, it was also an opportunity for the students to learn about their heritage, and what it means to be a Canadian.

See Page 8



NDP's Wayne Gates wins

NDP MPP promises to continue working to save school

3



Maves finishes in second place

'Tough loss,' says PC candidate

5

Figure skaters earn medals

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Parliament Oak supporters have work cut out for them

CARE members must convince trustees to vote against board senior staff recommendation

Penny Coles
Niagara Advance

Members of CARE (Citizens for Accountable and Responsible Education) are preparing for their next steps: convincing the school board trustees to vote against the board planning staff recommendation to close Parliament Oak Public School.

They now have something tangible to help them argue their case, with a District School Board of Niagara senior administration report that presents a very different story than the report prepared by the accommodation review committee.

Both reports were read to the trustees at last Tuesday's school board meeting.

Lyndsay Gazzard, Parliament Oak parent and co-chair of CARE, said after the meeting that members were "thrilled with the ARC recommendation - it is probably the most detailed, well thought out and fact based document any trustee may have seen from a committee."

save the board more than \$658,000 in repairs over the next decade, and reduce excess capacity by 222 spaces.

Right-sizing the school by decommissioning its basement would eliminate accessibility improvements, but would spend \$600,000 to \$750,000 to avoid spending \$400,000, the staff report said, and would reduce over-capacity by only 46 spaces.

Leasing surplus space only reduces capacity if there are long-term leases, the report said, and is "very speculative" in the case of Parliament Oak.

But the board will spend \$1.5 million by June, 2015, to "fix" Crossroads, says Gazzard.

"The cheaper option seems clear."

Also at odds in information presented in the two reports is the cost of housing in the Old Town.

The board report puts the average price of an Old Town home, including Garrison Village, at somewhere between \$575,000 and \$612,000, citing two different sources - a google search on listings (not sales) and a CHMC housing report.

The board planning report uses those prices to

back up their assertion that seniors and retirees, not young families, are moving to the Old Town.

But Garrison Village home values are nowhere near that, says Gazzard—they're closer to the mid \$300,000s. Prices for the new St. Andrews on the Glen town homes backing into Garrison Village are \$369,000.

Using validated real estate information from recognized sources, says CARE, cites the average selling price of houses sold between Sept. 2012 and 2013 at \$433,763.

The ARC report also points out that NOTL benefits from those who choose to live here for the small-community values and lifestyle, including those who have flexible work arrangements such as telecommuting.

An ongoing disagreement throughout the accommodation review meetings, between the school board planning staff and John Henricks, ARC member and NOTL planning director, supported by CARE members, involved the numbers and methodology to reach those numbers used by the board to back up their expectation that enrolment will continue

to decline at both Parliament Oak and Crossroads.

CARE members maintain using birth rates is not a comprehensive way to extrapolate future Junior Kindergarten class sizes, said Gazzard.

It does not account for children not born in the area—43% of children in the current Grade 1/2 class at Parliament Oak were born outside the area and are effectively excluded from board calculations, said Gazzard.

And the 2014 JK class size has pre-registered at 13 this year.

"That's double last year - an increase, not a decrease," she says.

The staff report, she says, was not a surprise.

"They reiterated their primary goal is to close all very small schools which they define as schools with less than 300 students."

But having heard the staff position, "we are feeling confident that the trustees will be receptive to the more balanced approach of the ARC, the Town, the Region and CARE supporters."

CARE members are looking forward to the delegations and to have the opportunity to present the trustees with more current, fact-based data which supports keeping Parliament Oak open and saves taxpayers' money, she says.

Important dates to remember

Tuesday, Feb. 25 - Delegations to board by CARE members and other interested individuals

Tuesday, March 25 - CARE members and other interested individuals

Tuesday, April 8 - CARE members and other interested individuals

Tuesday, April 22 - Board trustees are expected to make a decision.

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Gates promises a strong voice to advocate for Parliament Oak

Penny Coles
Niagara Advance

An orange member of provincial parliament in a red minority government representing a municipality that is traditionally blue.

This election crossed party boundaries, says NDP representative Wayne Gates, speaking of his increased support from Niagara-on-the-Lake, traditionally a conservative bastion.

The former Niagara Falls city councillor can't wait to get back to work representing his new constituents to show their support is deserved, this time as the MPP for the Niagara riding that includes Niagara Falls, Fort Erie and Niagara-on-the-Lake.

His message was clearly one that resonated with voters from all three municipalities, some of whom were more accustomed to supporting other political parties, says Gates.

To earn more than 14,500 votes, 1,000 more than second-place finisher Bart Maves who represented the provincial Tories at Queen's Park for two terms, he had to have pulled votes from the corners of the riding, said Gates.

And while it's true that the Niagara riding is now represented by an NDP in a Liberal government, Gates thinks that could work to his advantage, promising to make his voice heard at Queen's Park, as he did with voters during the campaign.

"It's obvious people liked what they heard. The message was the right one, whether it was about Parliament Oak School in Niagara-on-the-Lake, the hospital in Niagara Falls or the race track in Fort Erie," he said.

Jobs were at the top of his list, with unemployment an issue across the riding and across the province, he said.

"I think people, small businesses especially, really like the idea of tax credits—for new employees, training or new machinery—to increase their business."

And when he goes to Queen's Park, he will continue to fight for the parents

of Parliament Oak, because he believes the school should stay open, he'll support the new hospital and fight for local workers, architects and engineers to build it and help put people back to work, and he'll battle to bring the slots back to Fort Erie to support the race track.

"People certainly like the message across all three ridings," he said.

"When it comes to Parliament Oak, if I could bring a face to that fight, I wanted to do that, not because there was an election, but because I believe it should stay open."

He was the only by-election candidate to speak at the public accommodation review meeting and the only politician of any level of government to attend last week's board meeting.

"I went there (to the school board meeting) to support the parents. In this particular case, no matter who you talk to, no matter where you live, everyone wants Parliament Oak to stay open," said Gates.

Although the province tends to leave school decisions up to the school boards, "sometimes the government should listen to the parents. Sometimes boards make wrong decisions. As long as the parents of Parliament Oak want me to be there for them, I'll be there. I'm going to raise the issue at Queen's Park. I will do whatever I have to do to raise awareness for them."

Speaking out in opposition with a strong voice on a matter of importance tends to make people listen, he said.



Mike DiBattista QMI Agency Niagara

Newly-elected Niagara Falls NDP MPP Wayne Gates is anxious to get to work at Queen's Park after a successful by-election campaign. Gates was elected MPP last Thursday for the riding that includes Niagara-on-the-Lake and Fort Erie.

And whether the issue is the school in NOTL, the hospital in Niagara Falls, the race track in Fort Erie or high unemployment across the riding, "I'm respected in this riding. I can deliver a strong voice."

That strong voice, and the passion and caring behind it are likely what helped win support from those who are not traditionally NDP supporters.

"It's hard to talk about yourself, you know, but that's just the reality of who I am. I want to make life better for everybody, for our kids and grandkids. I care."

People of all political stripes understand that, he says.

"They know I work hard. I've always worked hard, and I want to get going and get back to work."

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Dancing to end violence to women and girls around the world

➤ NIA dance group in NOTL joined in One Billion Rising, which encourages Valentine's Day events to be held to raise awareness

Penny Coles
Niagara Advance

Some of the dances were tribal. Others were joyous.

All were done to help the one billion women and girls around the world who will be raped or abused in their lifetime.

Friday was the second annual One Billion Rising event held in Niagara-on-the-Lake, organized by Didi Wilson and Gail Wardle of NIA, a dance class that draws from martial arts and connects the body, mind and emotions, with a spiritual element to both movement and music.

The tribal dance, said Wilson, the class instructor, was to "wrap our arms around women and children and be fiercely protective of them."

Women, and those who

love them, were encouraged to organize events around the world to bring awareness of violence towards women and girls.

On Valentine's Day, events were held in more than 200 countries around the world.

Funds raised at the community centre Friday will go to Gillian's Place in St. Catharines, which helps women and their children escape from the nightmare of violence and abuse.

The shelter gives them a safe haven to run to where they can be sure of receiving a warm welcome and the assistance they need to begin a new, violence-free life.

Penny Coles
Niagara Advance

About 60 people danced at the community centre Friday for One Billion Rising, doing their part to help stop violence against women and girls. NIA dance instructor Didi Wilson leads a tribal dance (below) to help protect women.



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'Tough loss' for second-place Maves

► Campaigned on balancing budget, eliminating debt, making hydro affordable for industry

Tony Riccio
QMI Agency Niagara

Voters in Niagara decided not to give Bart Maves his old job back.

There were a few times last Thursday night when it looked like he might catch up to NDP candidate Wayne Gates in the Niagara Falls byelection, but it never materialized.

Maves acknowledged his defeat and thanked his supporters who turned out at the Niagara Falls Curling Club on Morrison St. in Niagara Falls.

"I want to congratulate Wayne Gates for his victory and I will wish him luck as he goes forward. He has a very hard task trying to right the Niagara ship. We've got great difficulties as everyone knows in every part of this riding, and it's a very difficult task for him as an MPP to take on and I wish him luck," said Maves.

"My thoughts are also with Joyce Morocco and her family tonight," he added. "I talked to Joyce earlier today. Her mother suffered a heart attack and she has had a very difficult time with that the last couple of days so my thoughts and prayers are with Joyce. She ran a very courageous campaign and was in a very difficult spot."

Morocco's mother passed away over the weekend.

Maves, who is serving his first term on regional council, took a leave of absence while campaigning for the provincial bye-

lection.

He campaigned on a number of issues including the return of slots to the Fort Erie Race Track, he opposes the NDP/Liberal proposal to build new casinos across Ontario, and is committed to selling more Ontario wine made with Ontario grapes.

And his plan to create more jobs involving balancing the budget, reducing red tape, lowering taxes and making hydro more affordable for industry.

"This was a tough loss," said Maves.

"It's really hard to fight against that amount of money that was sent down by the NDP and some of the big unions from across the province, and also the busing of troops from out of town. We fought this battle with local people."

Maves served as the MPP for Niagara Falls and Niagara-on-the-Lake from 1995 to 2003. He was elected to the Ontario legislature in the provincial election of 1995, defeating Liberal Merv Germano and NDP incumbent Margaret Harrington.

In 1997, he was appointed as the parliamentary assistant to the Minister of Labour.

In the 1999 provincial election, Maves was reelected by about 1,500 votes over Liberal candidate Selina Volpatti. He held other parliamentary assistant positions in the parliament that followed, but was not appointed to cabinet.

In the 2003 provincial election, Maves lost to Liberal Kim Craitor by more than 3,000 votes. He was the Progressive Conservative Party of Ontario's candidate for the Niagara Falls riding again in the 2007 provincial election but lost again to Craitor.

Julie Jocsak QMI Agency Niagara
PC candidate Bart Maves gives his concession speech at the Niagara Falls Curling Club following last Thursday's byelection.



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P.O. Box 430 • Virgil, Ontario L0S 1T0 • 905-468-3283 • Fax 905-468-3137

MICHAEL DRESSMAN, Publisher, 905-358-5711 ext. 1111
Michael.Dressman@sunmedia.ca

PENNY COLES, Editor, 905-468-3283 ext. 103
Penny.Coles@sunmedia.ca

MYRA ROBERTSON, Sales Manager, 905-871-3100 ext. 202
Myra.Robertson@sunmedia.ca

our editorial

Congrats to NDP on well-organized campaign

Congratulations, Wayne Gates, Niagara's new NDP MPP.

And kudos to NDP leader Andrea Horwath for pulling out all the stops in Niagara in the weeks and days leading up to last week's byelection.

Yes, she visited often, as did PC leader Tim Hudak, who now blames the labour movement for making Bart Maves lose the election.

Howarth mobilized supporters and brought them to Niagara, sending them door-to-door through one of the worst winters we've seen in decades.

It was a well-organized effort, with a message that must have resonated with voters.

Meanwhile Hudak, who is from Fort Erie but is not terribly proud of his own area—he seems too out of touch with the working people trying to catch a break and get ahead—falls back on union-bashing after the election that makes him sound like a spoiled little boy.

Wouldn't want him to look too closely at any of his own policies that might have lost a few votes.

PC candidate Bart Maves has always been popular and well-respected in the Niagara region, but he just couldn't pull it off this time. And voters are pointing to his leader as being more of a hindrance than a help.

Hudak kept talking about a million jobs, but never really explained how he'd deliver them. Just sounded too good to be true.

Gates at least offered a plan, and whether or not he gets a chance to implement it, no one doubted his sincerity or his passion when he spoke of wanting to put Niagara back to work.

And it seems very few voters, and possibly Maves himself, agreed with Hudak's right-to-work platform, or as Gates called it, right-to-work-for-free.

It will be interesting to see how that is handled once the provincial election is called—and when it will be called, now that Horwath can see NDP support growing.

We're warned that byelections aren't reflective of what to expect in a general election—Premier Kathleen Wynne has to say that, doesn't she, having lost two byelections—but it could be true. It's easier to vote for an individual candidate during a byelection when voters aren't concerned about electing a government.

However, Wynne better not be counting on that.

The voters who attended all-candidates meetings across the riding in recent weeks should not have been surprised to see Gates win. The NDP message caught the attention of voters. It could be catching across the province.

letters to the editor

Thank you, Ken Bend

Four hundred clocks are ticking in town because of Ken Bend.

Whenever a clock shut down he was there to repair it. He did it graciously. He did it perfectly. And he did it for free.

You may remember him in the long poller early in the morning practising on the greens.

Those were his two

loves, clocks and golf. And with his devotion to his wife at Upper Canada Lodge his life seemed rich and full.

He planned outings for her so she could still see more of the outside world. He invited himself and his beloved to tea at his friend's houses, bringing the tea pot, china cups and cake, and set it up like a party in their living room.

It was a complete surprise and added a sense

of playfulness to an ordinary tea-time get-together.

His wit and charm provided the entertainment.

Biking into his 90s, he seemed indomitable both in body and spirit.

But on Feb. 12, after joining his wife in Upper Canada, he passed away, leaving us richer and wiser for having shared some time with him.

Selena Appleby

Legion support



Coldwell Banker Momentum Realty sales representatives Andrea Poirier and Kathleen Taylor give William Walker a cheque for the Royal Canadian Legion branch 124 building fund. Photo submitted

Parliament Oak unique in opportunities it offers students

If the DSNB closes Parliament Oak School, they will be giving up a gem in terms of the enrichment the location of that school provides to its students.

*Our students can walk to the Cenotaph to take part in 9/11 and Remembrance Day services, singing and showing respect.

*Our students can walk to Ft. George and learn and live our nation's history.

*Our students can walk

to the Niagara Historical Museum to view the displays and special exhibits.

*Our students can walk to the Shaw Festival to enjoy a world-class theatre production and can meet the actors and have workshops with them.

*Our students can participate in the school's Terry Fox Run/Walk by walking across the street to the Butler's Barracks, "The Commons" and the Niagara Parkway path.

*Our students can walk to Simcoe Park, Navy Hall, the Historical Apothecary and Queen's Royal Park.

*Our students can walk to Upper Canada Lodge Seniors Residence to spend time with the residents and entertain them with the Halloween costume parade.

*Our students can enjoy the activities right

across the street at Memorial Park with its tennis, soccer, beach volleyball, swimming pool and playground.

*Our students and parents can fundraise for school projects by selling donuts, hot chocolate and lemonade right outside the front door during the NOTL Santa parade and other community and tourist events.

*Our students can walk to the NOTL Library and Community Centre and participate in their programs.

I'm sure that there are many, many other benefits to its location as well. Parliament Oak really is a unique school with incredible educational and historical resources right outside its front door.

Anne Robinson

Relief from winter blahs can be found at Parks greenhouses

Remember to keep birds and squirrels fed throughout this long, cold winter



Jean Cochrane
Happy Gardening

Fed up with the white stuff?

Fear not, relief is in sight - The Niagara Parks Commission greenhouses (the ones above the falls) are open and they have their spring show on - so go in and breathe deep - instant relief from the winter blahs.

The perfumes in the air are wonderful, as good as none (do not forget your camera!).

Remember to tell them you are local when you go to pay.

I have some good and some bad reports. The indoor bulbs are all doing well - remember avoid drafts and do not overwater.

Alas my winter flowering jasmine got hit by a cold draft and is not looking good. I stripped it

down, reported it and it is now wrapped in plastic, so I can only hope.

Hope you are keeping the birds and squirrels fed. I was checking on the seed in the large feeder and I removed - I stepped back and out came a squirrel.

I am not sure who got the biggest fright.

A friend reported see-

ing some robins and they are too early - when this happened a few years ago the advice was to clear the snow off a piece of ground and spread some granular dog food. It is difficult to know how to get worms right now.

Well catch up on your reading - on 'How to' gardening.

Happy gardening.

Arc, school board staff reports at odds, as expected

It wasn't unexpected.

The school board planning staff is recommending Parliament Oak Public School be closed at the end of June, 2015, and four classrooms be added to Crossroads Public School to accommodate the Old Town students.

What was a surprise was how little recognition the planning report gave to what is likely the best, most complete, most thorough accommodation review report ever written.

And how little acknowledgement there was of the incredibly detailed, and extensively researched data presented by CARE, a group of parents and community members dedicated to convincing the school board trustees it would be a mistake to close the only school left in the Old Town.

Several members of the board staff responsible for their report sat through the accommodation review meetings, but obviously were there to accomplish one goal, and one goal only: reduce the number of empty seats across the board by closing schools.

For those who haven't followed the process of school closures, let me back-track.

The school board has a provincial policy to follow that requires the schools under review and the public in the process leading up to school closures. That is the job of the accommodation review committee, which is charged with coming up



Penny Coles
Editor's Notebook

with the recommendation that seems best, for the students.

And then there's the school board planning staff that makes its recommendations separately, which may or may not dovetail with the ARC recommendations. It can couch its recommendations in language that appears it is doing what's best for the students, such as creating a larger student body, there are more opportunities for after-curricular activities, but really, the important information is how much money it's going to save the board by closing a school, especially an older one. There are savings in staff, but not as much as one might think—the real financial carrot is how much the board won't have to spend to update Parliament Oak, and how much more it will have in capital reserves to spend on other buildings once the surplus property is sold.

And so the trustees have two very different reports before them, and a decision to make by April 22.

The planning staff report says closing Parliament Oak and adding four classrooms to Crossroads will reduce surplus spaces by 222. It will save \$126,000 a year in staffing, and \$143,000 a year in utilities and maintenance. It will eliminate the need to spend \$658,000 over the next 10 years on repairs to an aging school.

It gives little or no credence to the data that CARE members presented on enrollment projections, which showed a more optimistic future for young families moving into the Old Town.

It seems amazing that, after sitting through those ARC meetings and listening to the parents who have made it a point to communicate, the planners could still think of the Old Town as attracting only seniors and retirees, which is what they said in their report. Did they not hear that the majority of parents at Parliament Oak have moved here recently and bought homes in a community they have chosen as a great place to raise their kids?

Planning staff are glossing over the board's role in programming that has created low enrollment over the last three years, talking about birth rates, apportionment and retention rates in great detail, rather than focusing on the difference a half-day or full-day kindergarten program makes to parents' decisions about where to send their kids.

The staff report also says

the board is actually gaining students from the Catholic board, and it may well be across the region, but NOT! Did they not drive past the portables at St. Michael? Do they not know how many parents choose to bus their kids to the Old Town because it has full-day kindergarten and before and after school day care? Or do they not want to know?

They scoff (well, it might be hard to actually scoff, in a written report, but that's how it feels) at the Town, ARC and CARE's numbers that show the number of kids will actually increase. They say maybe, in 25 years, all that projected development might get built, but if it does, our seniors and retirees will be buying, and besides, it might not ever get built. Because let's face it, who would want to live in Niagara-on-the-Lake?

Planning staff, in their own report, put themselves on the back because they say their projections of declining enrollment are usually spot on. Of course they are. They use those projections to close a school such as Parliament Oak, and then guess what happens? Young families don't move into the area, they move out. Into neighbourhoods that have schools. And the board staff can say, look, we're right on, we predicted this would happen.

However, they leave themselves an out in the case of Parliament Oak. CARE and ARC members

have talked about the difficulty in finding a school site in the Old Town, once the King St. property is sold, warning the board it needs to look further into the future than it is doing in this report.

In order to address the ARC Committee's (from the people who own the ARC acronym - the accommodation review committee's) speculation over future growth, board staff would support and work with the Town in identifying future school sites for designation and zoning lands within the Town's planning documents.

In other words, let's close Parliament Oak and sell this very valuable property, because we can't find a school in the Old Town, but let's also talk about where a new school could be built (paid for by the province) when we need it for all the kids who will move into the residential development on the property we've just sold and the money for that property is in our hands to be spent somewhere else (okay those are my words, not to be found in the board report—I'm reading the lines).

And we haven't even touched on the effect of consolidating students at Crossroads.

The capital cost for the four-room addition is about \$1.3 million. Site work would include additional parking, access improvements and modifications to the asphalt playground area that would

cost an additional \$125,000. Not sure whether that means playground equipment, paid for by parents and the community, will be moved, whether soccer fields or greenspace will be lost.

Let's hope somewhere in there the cost of new lockers is included.

When Crossroads was built, students got a brand new, shiny lockers.

Do kids in elementary school need lockers? Probably not. But I wouldn't want to be the parent of a sensitive Parliament Oak student who gets blamed when kids have to share lockers at Crossroads.

The planning staff report ends with these words of wisdom:

"In consolidating the population of Parliament Oak into Crossroads would provide the students in Old Town and Virgil with an optimal educational experience for ongoing success in years to come."

That's not what Parliament Oak parents think about their children's educational experience. They think their students are enjoying success right where they are.

It's not what our business leaders believe, or our town's elected officials.

But these are words of planning staff, who are, after all, just doing their jobs.

Let's hope it won't be the opinion of the trustees who will be the ones making the decision. Let's hope they do their jobs, and put the students first.

'The boundaries of what we can accomplish together are limitless'

From Page 1

The message repeated to the students by the guests who were invited to speak was that this country was built by immi-

grants, and new citizens are its future.

The ceremony at the school was the second organized by Steven Zaporzan, an English as a Second Language teacher

who spends the majority of his time teaching at Crossroads.

Salci spoke of his own ancestors who came to Canada with little money but big dreams, and who

made the most of the opportunities of living in a country where those dreams could be realized.

"Be proud of your new country," he told those receiving their citizen-

ship.

It's a great country. You are joining a great story."

Being a Canadian, he said, means sharing a common set of values and

living in a democratic country where individual rights and freedoms are respected.

He also spoke about the responsibility that comes with those rights and freedoms, and urged the new Canadians to become involved in their community by volunteering.

"The future of Canada now depends on you," he said, quoting John McCrea's in "Flinders Fields: "to you from falling hands we throw the torch; be yours to hold it high."

He spoke of the War of 1812, that had turned out differently, Canada would not exist, and he talked of February being Black History Month, and Harriet Tubman's efforts through the Underground Railroad to help those who came to Canada to freedom.

He also spoke of Flag Day Saturday, and the Crossroads students waving Canada's most visible symbol—a symbol that reminds us all "how fortunate we are to call this great and beautiful country home."

As Canadians, he said, "all of us share the same future. Together the boundaries of what we can accomplish are truly limitless."

Lord Mayor Dave Elke gave the children a home-work assignment to tackle over the long weekend, asking them to talk to their parents about their heritage.

"Ask your parents about your family tree. We're all immigrants to this wonderful country. I'd like to ask your parents to tell you about your heritage."



NOTICE PUBLIC MEETING 5 Walnut Street - Zoning Amendment

PROPOSED CHANGE

To permit a single detached dwelling on Part 1 and future residential use subject to a subsequent Zoning By-law Amendment on Part 2.

HAVE YOUR SAY

Input on any proposed matter is welcome and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Town.



PUBLIC MEETING

Date: March 17, 2014

Time: 7:00 p.m. or as soon as possible thereafter

Place: Town of Niagara-on-the-Lake

Administration Offices

Council Chambers

1593 Four Mile Creek Road, Virgil, Ontario

WRITTEN SUBMISSION

To provide input in writing, or to request personal notice if the proposed change is adopted, please send a letter c/o Town Clerk Holly Dowd, 1593 Four Mile Creek Road, P.O. Box 100, Virgil, Ontario, L0S 1T0.

MORE INFORMATION

For more information please contact Brynne O'Neill at 905-468-3266, extension 297 or bonelli@ncl.org. A copy of this notice can be found on the Town's website at www.ncl.org.

LEGAL NOTICE

Section 34 of the Planning Act

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Town of Niagara-on-the-Lake before this matter is passed, the person or public body is not entitled to appeal the decision of the Town of Niagara-on-the-Lake Council to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting, or make written submission to the Town of Niagara-on-the-Lake before this matter is passed, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there is reasonable grounds to do so.

If you wish to be notified of the decision of Town Council in respect to this matter, you must make a written request to the Town Clerk.

Dated at the Town of Niagara-on-the-Lake this 20th day of February 2014.

1593 Four Mile Creek Road,
PO Box 100, Virgil, ON L0S 1T0
905-468-3266 • Fax: 905-468-2959
E-Mail: info@ncl.org

Hours of Operation: Monday to Friday, 8:30 a.m. to 4:30 p.m.

www.ncl.org

Town Flag on Sale



The Town of Niagara-on-the-Lake is again offering its new town flag for sale to the public. The flag, which includes the historical Union Jack and new town shield, is 24" x 48" with grommets.

The purchase price is \$40 (including taxes) and is available at the Customer Service Counter at the Town Administration Offices, 1593 Four Mile Creek Road, Virgil. Pick up your Town flag now while supplies last.

2014 MUNICIPAL TAX REMINDER NOTICE

INTERIM FIRST INSTALLMENT
DUE FRIDAY, FEBRUARY 28, 2014
Tax Rates

As per By-Law No. 4694-14

Payment may be made by MAIL or at the MUNICIPAL OFFICE, 1593 Four Mile Creek Road. A 24-hour mail slot is located at the front (Accessible Drop Box) and side entrances of the Town Hall for your convenience. Post-dated cheques are accepted. Payment may be made electronically from your bank account using the 16-digit roll number.

If payment is made at a bank or other payment station, your account will be credited only AFTER the Town has received settlement from the bank. Please allow TEN (10) working days for payment processing.

A penalty of 1.25% will be added on the first day of default and on the first day of each month thereafter. To avoid penalty and interest charges, PAYMENT MUST BE RECEIVED AT THE MUNICIPAL OFFICE BY THE DUE DATE. Penalties may not be waived.

Failure to receive a bill does not excuse a taxpayer from the responsibility of payment of taxes and penalty. If you have NOT received your tax notice and a mortgage company does not pay on your behalf, please contact the Finance Department at 905-468-3266 or fax 905-468-2959.

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Please visit the Town's website for information on these payment options or by contacting our Finance Department directly at 905-468-3266 ext. 230.

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Penny Coles Niagara Advance
Citizen Judge Ted Salci, Minister of Defence Rob Nicholson
and Lord Mayor Dave Eke reaffirm their citizenship while 27
new Canadians from 17 different countries are sworn in at a
citizenship ceremony held at Crossroads Public School Friday.

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August 18-22	Frankenmuth & Mackinac Island	\$875.00 pp/dbl

DAY TRIPS

Thursday March 20	Canada Blooms & National Home Show	\$75.00
Saturday March 29	Fleming's Downs Racing & Slots	\$55.00
Thursday April 10	Steven & Chris Show	\$55.00
Thursday April 17	St. Lawrence Market	\$65.00
Thursday May 27	Toronto: Aquarium & Casa Loma	\$98.00

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Mobile dental clinic offers help with cleaning, check-ups

➤ Visit the Region's RV with dental clinic on board for free preventive dental services for kids

Penny Coles
Niagara Advance

Last Friday, a family of three children dropped in to the mobile dental bus for their second visit.

They had been there in January, but their teeth checked, were referred to a dentist in the area and were back for a cleaning and fluoride treatment.

Carol Chipman, dental

hygienist with the Niagara Region Mobile Dental Clinic, travels across the region on the 33-foot RV on a mission—to ensure the children of Niagara have good dental health, whether or not their parents have dental insurance.

She also visits schools, providing dental screening to students. Parents are sent a letter if their child has a dental condition that needs treatment or if they could benefit from preventive services, she says.

It's a reminder to parents who do have dental insurance to see their dentist, but for those who don't, it introduces them to programs they can access at no charge that include treatment by a dentist or cleaning by a hygienist.



Penny Coles Niagara Advance

Once a month Debbie Arsenault, dental assistant, and Carol Chipman, dental hygienist, are in the 33-foot RV equipped as a mobile dental clinic, parked in the NOTL community centre parking lot waiting for those in need of dental care to visit, either by appointment or drop-in.

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CARE NOTE


Some of the children she sees, she says, have never seen a dentist.

"Parents come in to see us because they don't know where to start with their youngsters."

The local dentists are really co-operative, she says.

"They can see any dentist they want, but most choose s o m e o n e local."

She and Debbie Arsenault, a

dental assistant, had five more appointments for cleaning lined up at the mobile clinic in the community centre parking lot last Friday, but walk-ins are not unusual, she said.

"Sometimes we get parents with their kids who just have questions, and if I'm free I'll see them right away. We don't turn anyone away."

Regional statistics show dental disease is the number one disease in children, often in kids under the age of five, she says.

"We're really trying to push cleaning and preventive programs so families come to see us before kids get cavities."

Arsenault and Chipman

make sure kids have fun when they visit the clinic, giving them little gift packages that include new age-appropriate toothbrushes and toothpaste, lip balm and timers so children get in the habit of making sure they brush long enough. Instead of rushing through the process.

"We want to make sure we provide a friendly, relaxed environment to take away from the anxiety of that first check-up," says Chipman.

"We play a video for kids, we have lots of giveaways and we do our best to make it fun."

For information or to book an appointment call 905-688-8248.

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PigOut at Trinity for world relief

➤ Breakfast will raise funds for two areas of the world: Syrian refugee camp and homeless of the Philippines

Penny Coles
Niagara Advance

Long after most of us have forgotten about a crisis caused by war or homelessness created by a natural disaster, thou-

sands of people continue to suffer and need our support, says the minister of a local church.

"We live in a 24-hour news cycle," says Pastor Larry Ritter of Trinity Lutheran Church.

"We watch as disasters happen, we listen to them being discussed for that news cycle, and then most of us move on to other stories. Meanwhile, people are still hurting, they still need our help."

Trinity is the small brown church on Niagara Stone Rd., with a small congregation, and isn't

able to organize huge fundraisers, says Ritter.

But after several successful fundraising breakfasts, he believes the church has found its niche.

"In our church these are our works of mercy. We believe it's our calling as Christians to help people everywhere, whatever their background, whatever their need might be, and whatever their religion."

Last fall, church members collected sweaters for Syria, where refugees in huge camps were suf-

fering from the cold.

People forget that it can get cold enough to suffer from hypothermia in places such as Syria, when people are exposed to cold desert nights, said Ritter.

Half of the proceeds from a fundraising breakfast Saturday, Feb. 22, will go to support a Kids need Shoes campaign (syriasneed.clwr.org) through Canadian Lutheran World Relief Fund, which is on the ground serving the world's poor and disenfranchised through community development, refugee resettlement, emergency relief, and humanitarian aid shipments.

The organization, says Ritter, is one with low administration costs and a good record of getting 100% of the money raised where it needs to go.



Pastor Larry Ritter of Trinity Lutheran Church will be serving more pancakes at a fundraising breakfast, this time for Philippine relief and a Syrian refugee camp.

Photo submitted.

PRESIDENTS GOLD AWARD

Thank you to all of my clients who made 2013 another great Presidents Gold year for me. It was a privilege for me to do my very best for you. Also, special thanks to all of you who sent me your referrals, they were much appreciated.

- Tony Parker



Tony Parker
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'Easy to tune out suffering of others' once news cycle has moved on to other stories

From Page 12

Thousands of kids in the Zafarani Refugee Camp in Jordan are running around barefoot or with shoes too worn out to be any good, says Ritter.

These children are at a high risk of sickness and infection and exposure to the cold desert nights. They escaped the civil war in Syria and are still waiting to go home—but it could be a long wait, and they need shoes now, he says.

The other half of the proceeds will go to support CLWR's relief efforts in the Philippines. There, CLWR is working to provide emergency shelter to families

affected by Typhoon Haiyan, as well as essential household supplies such as cooking utensils and plates. In addition, communities receive high-capacity water filters to ensure access to safe drinking water.

"Shower, shelter, pots, plates, and water—you and I usually do not give a second thought to such things. We take them for granted, along with our TVs and clothes and cars," says Ritter.

"And it is easy for us to tune out the suffering of others as soon as it is no longer part of the news cycle. But the people in Jordan and the Philippines are still suffering, long after

the news cycle has moved on to other stories.

"I would like to invite you to a breakfast in their honour. Of course, they won't be there, but your presence, along with your donation, will truly mean a great deal to them."

A breakfast of pancakes, scrambled eggs, and sausage will be provided by PigOut Roasters, with all donations received going to Canadian Lutheran World Relief for the Philippines.

"This is something we can do, as our community outreach," says Ritter.

"It's our little contribution. But we couldn't do it without the

good people from PigOut."

Last November's breakfast for the Philippines raised \$2,000.

Alan and Anne

Dickson charge only for the food and provide the service free.

The church covers the cost of the food, so there will be no charge for the Philippines Relief Breakfast at Trinity on Saturday, Feb. 20.

Drop in any time between 8 a.m. to 9:30 a.m., Ritter says.

Cost of breakfast is a donation of any size to Canadian Lutheran World Relief

Niagara-on-the-Lake Horticultural Society Meeting

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By Dan Cooper

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Heart health presentation inspires imagination and draws great questions

The InfoHealth series of presentations continues to be an excellent forum of learning, most recently with the presentation on heart health given by medical students Shoshana Grossman and Emerson Marinas, supervised by St. Catharines cardiologist Dr. Adrian Hameed.

You get a sense of the teamwork involved to train medical students just by the title of the school, DeGroot School of Medicine at McMaster University, Niagara Regional Campus.

Since 2008 the Niagara



Randy Klaassen
Senior's View

campus has gradually expanded with the combined efforts of the new Cairns Family Health and

Bioscience Research Complex at Brock University and the new St. Catharines Hospital.

Marinas and Grossman provided solid content about the functioning and problems associated with the heart. Yet, the sign of a great presentation is not giving content, but in the ability to inspire, which they did.

Marinas began by noting "The heart pumps approximately five liters of blood each minute."

Because I am a visual person, that image caused my mind to wander, imagining the volume of blood my heart pumps. If I measured out five liters of water into a bowl, and used my mouth as a pump to suck water up with a straw, and then deposited the water into a second bowl, how long would it take for me to move that much fluid?

That's like the summer picnic relay race moving water with a small cup. Realistically, however, if I used a straw, the heart pump experiment is more like what happens when

the arteries are clogged and the heart works overtime. The result ... you get the idea: It can't be done in a minute, which is where the heart fails to function, and it's a trip to the emergency room.

To be heart healthy, Grossman was adamant that we all pay attention to those nutritional fact listings on the foods we purchase.

First, check the serving size before looking at the daily values. If the label indicates a ridiculously small serving size, the daily percentage has to be multiplied. Pay particular attention to the saturated fat and sodium content, as you want those numbers low.

Also look for foods with high fiber content, as fiber allows your bowel system to work easier, which reduces the stress on your heart. While I was inspired with another example of this comment, I'll skip mention of it as I believe you understand how the plumbing works. As we get older, more fiber is better.

InfoHealth presentations always include a question and answer period. Dr. Hameed, who was born and raised in Winnipeg, highlighted that by April it is anticipated the St. Catharines hospital cardiology department will be able to implant stents, for which currently patients have to transfer to Hamilton to receive.

Hameed also said he runs a heart function clinic with six other cardiologists working with Scott Gibson, a nurse practitioner who has specialty training for patients with heart disease.

"This is a great asset for patients in the community where they can have quick access to an assessment and ongoing care. This is along with additional resources patients can get in their homes via the cardiologists, family doctors and through Scott at the heart function clinic," said Hameed.

Gibson helps to address patient understanding of medications, the importance of healthy lifestyle,

and organizes some of the cardiac tests as follow-up to a hospital admission.

Hameed responded to questions of the relationship between sleep apnea and heart failure, the different heart attack symptoms between men and women, risk factors during operations, the importance of blood pressure, fluid buildup in the lungs, the difference between heart attack and cardiac arrest, the importance of family history, how the body metabolizes medications, alternatives for physical exercise for seniors during the winter months, and signs of silent ischemia (silent heart attack).

I have four pages of notes on just the Q&A portion of the presentation, and obviously there is not space to cover the answers provided. But you can see the entire presentation on Cogeco TV on Fridays at 6 p.m. and Saturdays at 11 a.m. These are re-broadcast for four weeks following each talk, and then available for six months through Cogeco's on-demand service.

The next InfoHealth session will be on Wednesday, March 12 presented by medical students Heather Bozic and Haroun Zayed, supervised by Dr. Radika Yelamanchili, on the topic of colon cancer, at the NOTL Library, beginning at 2 p.m.

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Randy Klaassen Special to the Advance
Cardiologist Dr. Adnan Hameed, medical students Shoshana Grossman and Emerson Marinas, and nurse practitioner Scott Gibson discuss heart health at the InfoHealth session last Wednesday at the NOTL Public Library.

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Riverbend Inn | Stone Road Grille | The Epicurean
Tiara at Queen's Landing | Trius at Hillebrand | Zees Grill at Shaw Club

Newcomer jumps in with both feet

➤ New to town but not to politics, candidate has experience behind him

Penny Goles
Niagara Advance

Virgil resident Bill Cowie is running for council in the October municipal election.

Currie is new to Niagara-on-the-Lake, in

his second year here with his wife.

But he is not new to municipal politics, and believes his past experience will be useful on town council.

He also feels that as someone who is retired, he has the time to devote to the job that others, who serve on council as part-time representatives with full-time day jobs, don't.

"It's not a criticism," he says, "just a fact."

He has two main issues he'd like to see improved upon at the municipal level: communication

and service levels.

People today get their news either on the Internet or through newspapers, and from the news they read, could be given for thinking the mayor is the only one on council—he's the only one featured in the news, says Currie.

He'd like to see councillors more involved, other than just showing up at the council table, but repeats he's not criticizing them—that's just the reality of them having day jobs, he says.

He and his wife have

immersed themselves in their new community, she by joining the Newcomer's Club—he by becoming involved with some of the "historical stuff."

He's found a little bit of parochialism, he says, "a bit of a closed shop" for newcomers, but he is passionate about history, having been involved in historical events as a re-enactor for many years.



Bill Currie looks at running for town council as a way to immerse himself in the community.

Photo submitted

See Page 18



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13 EVERGREEN LANE \$509,500



Phase one of Evergreen Estates is sold out, now taking reservations and presales for phase two and three. MLS N30026938. Thomas Elliott and Kim Elliott.



33 MARY STREET \$295,000



Looking for that building lot in Niagara on the lake—look no further! Mature trees, lot, services already hooked up large lot (34 x 165) close to park, shopping and theatres. 15 min to downtown core. Hiking/biking trails outside your front door. Priced to Sell. Live the Dream! Home being sold as is where is. Trish Badham and Cheryl Carmichael.

62 QUEEN STREET



Retail Space, 1767 Sq. Ft. + full basement. One of the largest stores on Queen Street with a prime location between Victoria and Regent Street. Call Victoria Bolduc for details.

611 SIMCOE STREET \$639,000



This remarkable 3400 sq. ft. custom built home, ideally located on the corner of Anderson Lane and Simcoe, is a masterpiece in its finishing and design. Many features include hardwood floors, open concept to main + 2nd. Great built in office over the garage, a third floor with extra bedrooms. Beautiful rooms with wood burning fireplaces, and the full garage on. This perfect setting for family and entertaining. MLS N30024849. Phyllis Henderson and Chris Rowan.

14541 NIAGARA RIVER PARKWAY \$849,000



Georgian-style two storey home set back from the road and situated on a private ravine lot with mature trees. Features include large principal rooms, 9 ft. ceilings, oak hardwood flooring, newly renovated bathroom, and attached double garage. MLS N30026643. Thomas Elliott and Vivienne Elliott.

31 MELVILLE \$699,000



Exceptional finished and well furnished. Extraordinary views of the Niagara River and the marina of Niagara on the lake calling card. 2 bedrooms + den, 3.5 bathrooms, 2 floor to ceiling stone fireplaces, all stainless steel appliances include plus master kitchen 3 decks from which to enjoy the views. MLS# N30028149. Audrey Wright and Chris Rowan.

127 GAGE STREET \$545,000



Build your custom home on this elevated property in the heart of old town Niagara on the lake only two blocks from the main street. A rare building lot in prime location. MLS N30028482. Kim Elliott and Tom Elliott.

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SELECTION MAY VARY BY STORE

Town wins financial reporting award

Mayor, CAO congratulate staff on good work

For the second year in a row, the Town of Niagara-on-the-Lake has earned a North American award for its annual report.

The Town has been notified that it will receive the Canadian Award for Financial Reporting (CAnFR) from the

Government Finance Officers Association of the U.S. and Canada for its 2012 Annual Report. This award, which recognizes excellence in governmental accounting and financial reporting, was created to encourage municipalities to elevate their reporting standards, and by demonstrating the spirit of full disclosure, to clearly convey their financial story to readers.

Lord Mayor Dave Eke congratulated staff on the repeat win and for its professional approach to fiscal accountability.

"This award is the result of continued good work by staff and clearly demonstrates our commitment to open, honest and transparent financial reporting," stated Eke.

CAO Mike Galloway extended his appreciation to Town staff.

"I want to thank all staff members who worked on this report," said Galloway. "It was truly a collaborative effort and we are honoured to receive this recognition."

The Town began publishing an Annual Report in 2011.



Lord Mayor Dave Eke
Photo submitted

Municipal experience includes city council, business committees

From Page 16

"History is so important to me. That's one of the reasons I love this community."

It's his love of NOTL that leads him to want to sit at the council table.

Currie sat on municipal council for Brampton for nine years and was also a member of council for Amaranth Township in Dufferin County for four years, giving him both urban development and rural agriculture experience.

"This community is a gem and it has to be planned properly. I've wrestled with developers in other communities. I'm absolutely the guy to help tackle planning issues."

The public needs to understand provincial policy regarding infilling, he said.

"But I'm not a single-issue candidate. There are just too many aspects of municipal politics to be a single-issue candidate."

He would also like to see service levels improve—street cleaning during recent snow storms is an example he points to, and the regular plowing-in of driveways, especially for seniors.

"There are things the Town could do to be more helpful. You need to be on the inside to change things, and it can't be seen as criticizing staff. But you can work with them on something as simple as lifting a plow blade."

Currie retired from the Toronto police force 20

years ago after 30 years as a police officer, also working as an attachment to the RCMP, and on contract with the OPP after retirement.

Since then he's been involved in all levels of politics.

During his time on Brampton city council, "I served on every standing committee. I was council representative to the Board of Trade."

He was also the Amaranth Township representative to the Dufferin County Chamber of Commerce while serving on that council.

"Working with the business community is something I have lots of experience with," he says.

"My resume is huge." He also has "more hobbies than I can shake a stick at," he says.

He plays men's slo pitch in Virgil, and admits to being a collector—of stamps, coins, and toys—and has kept the toys he had as a child.

His favourite? "Military figures. Little toy soldiers and military vehicles."

Currie says "moving to NOTL has been one hell of a fantastic choice, and one of the best ways to become involved in the community is to serve it. I have a lot of experience and I have a lot of heart."

Currie joins Don MacDougall as the only candidates to have registered to run for council to date.

Pat Darste is running for mayor, along with incumbent Dave Eke.

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NOTL resident Paolo Miele finds himself behind bars at the Haggarty magic show at the NOTL community centre Saturday. Miele, a local education activist, says "you can't keep a watchdog caged." He was released but will keep the secret of the illusion to himself.

Photo by Shannon Leboutec

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Parliament Oak Public School student Kyle Kocsis accepts his award for winning first place in the primary division of the Ontario Provincial Remembrance Day Annual Literary and Poster Contest for a poem he wrote. Handing him his award is Royal Canadian Legion Branch 124 member Doug Johnson at a school assembly, with legion members William Walker and Stan Harrington.

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VIRGIL EAR CLINIC

Disillusioned voters see no reason to mark a byelection ballot

➤ Voters have lost faith in system, politicians they blame for high prices, job shortage

Tony Ricciuto
QMI Media Group

For some people, it doesn't matter if there are important issues to be decided, or if there's an election, they simply

don't vote.

Are they too busy? Are they too lazy? Do they even care about who is running and what party they represent?

The answers to some of those questions might explain why only about 37% of the 97,509 eligible voters took the time to cast a ballot in last week's byelection in the Niagara Falls riding to elect their next MPP.

"I've just lost faith in the system and the poli-

tics. I feel the politicians just aren't doing enough for the people in our city. Everything is shutting down and people are not working," said Laurino DiCenzo, who worked at a plant in St. Davids for 21 years before he shut down and he was out of work.

"A lot of the politicians are phoney. I'm not saying they are all that way, I'm sure some are genuine and try to do the right thing, but that's my reason why I didn't vote."

The unofficial numbers from Elections Ontario show that Wayne Gates from the NDP was the winner with 14,526 votes.

PC candidate Bart

Maves placed second with 13,564, Joyce Morocco for the Liberals came in third with 7,143, while Clarke Bitter for the Green Party picked up 1,006 votes.

The official numbers will be published by the chief electoral officer at a later date.

Mark Yade is another person who decided not to vote.

"Just look around Niagara Falls and Fort Erie. There is nothing left," said Yade.

"You would think that after a few years they would be able to get something down here to create some jobs. And, they are taking away so many of our services. So many things get moved

from Niagara Falls to St. Catharines and there are no offices to go to when you need help. Things go and they never come back."

Yade adds there's no real benefit to voting, because regardless of who is elected, their pay cheques and pensions always seem to go up, but your average worker is forgotten.

Mark Waller, on the other hand, won't think of letting an election go by without going down to vote.

"I've been voting for 37 years and never try to miss one, even if it's something that might seem to be irrelevant," said Waller.

"We cannot forget

that over the years people fought and gave their lives just so that we would have this privilege. When you look at places like North Korea where you can only vote for one party. It's yes, and yes only."

Waller notes that if people don't vote, then they shouldn't complain if they don't like who gets in.

Wanda Busch said most politicians, both at the provincial and municipal level, do a good job at representing voters.

"We are lucky to live in Canada. I hear that from people who come from different nations and that's what they tell me," said Busch.



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Thanks to all who have donated to Newark

➤ But please don't drop off old furniture - it costs us money to get rid of it

We are grateful to Grace United Church for their food donation and to Claude Haggarty, the



Barbara Ahluwalia
Newark Neighbours

illusionist, for organizing a food drive at his performance at the community centre Saturday.

Despite the weather we still have shoppers and people dropping off items various household items and clothing which we can sell, and use the proceeds for the food bank.

Unfortunately due to the storm last Wednesday we had to close on Thursday, but Jamie Van Bergen had us all scooped out and ready for Friday.

Thanks to Mrs. See for her donation, and to Home Hardware for the large supply of ice melter.

The driveway has been very slippery with all the freezing and thawing.

Hopefully we will not need to close again this winter because of the weather.

Once again please do not dump your old furniture by the Newark Neighbours barn. Sometime between Feb. 14 and 17, somebody left a floral upholstered chair and shelves behind our container. I suppose that was so it would not be seen by other people.

Would you, whoever you are, care to make a donation towards the cost of having it removed?

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Longevity: does the doctor have a secret or is it a matter of luck when it comes to genes?

➤ Good genes and common sense help get the doctor to his 90th birthday

This month of my 90th birthday, a reader asks, "So what's the secret of your longevity? I'm sure other readers wouldn't mind knowing."

It's been said it's better to be lucky than good. I was lucky to inherit the longevity gene.

This is the best start any parent can give. And I was lucky to have parents who taught me not to spend it foolishly.

It's been said to like what I do. At an early age I had a single-minded passion to be a doctor. Hell would have had to freeze over to stop me from accomplishing it. Being accepted at The Harvard Medical School put the icing on the cake.

I've been lucky to inherit the gene of "thinness" which decreases the risk of obesity and its related problems, such as Type 2 diabetes.

But I also step on the scale every day. My diet isn't perfect but it avoids excessive fats, sugar, processed flour, and it concentrates on fiber.

I've been lucky to have the privilege of not being forced to retire. My plan is to do this 10 years after



Dr. Gifford Jones
The Doctor's Game

I'm dead. Being inactive physically and mentally slowly kills people.

I had the lucky break of becoming a journalist that allowed me to interview Nobel Prize winner Dr. Linus Pauling, among others. He believed humans need high doses of vitamin C and lysine to wipe out coronary death. I'm convinced that without this knowledge I probably would not have survived to write this article. See my website www.docgiff.com to see what other vitamins and minerals I take.

Early in my medical career I realized that Pogo was right when he said, "We have identified the enemy and the enemy is us."

So I haven't succumbed to the North American habit of popping a pill for every ache and pain, thus causing liver and kidney damage. This household has never even had an over-the-counter painkiller on its bathroom shelves.

Fortunately I realized that radiation therapy has been overused, so I have limited my radiation exposure to CT scans, chest and dental X-rays, unless absolutely needed.

Nor do I believe in the current fad of cholesterol-lowering drugs. Rather, for 16 years I have used high doses of vitamin C and lysine to keep my arteries open.

I've followed Sir William Osler's advice that, "alcohol for the elderly is like risk for the young." I believe, as we age, alcohol in moderation is possibly the best therapy invented.

It lowers blood cholesterol, helps oil the blood, decreasing the risk of blood clot, and is a great relaxant after a busy day.

I've never underestimated the value of laughter. A sense of humour never killed anyone. And it maintains your sanity when you see the lack of common sense in today's medicine, politics and financial matters.

Napoleon Bonaparte, when wondering who to promote to general in his army, once asked his officers, "Is he lucky?" In war or peace Russian roulette often decides who reach-

es the senior years.

So has all this brought me to my 90th year? I'm not in a "house" yet, but I have no delusions about luck. Sooner or later, it gives out. As Stein's Law says, "If something can't go on forever it has to stop. It's just a matter of when." And Stein's law always wins.

As for how I want life to end, I hope it ends suddenly. But more and more of us are coming to a slow, miserable, agonizing end.

Due to an aging population many people are developing Alzheimer's and other degenerative diseases that make the end of life a living hell.

I recently read of a Canadian judge and nursing home both refused to honour what any sane person would consider a reasonable living will. They rejected it, allowing the patient's suffering to continue.

There should be a special place in hell for such judges.

Next week, I'll tell you what I have done to avoid this and why we should all get "mad as hell".

See www.docgiff.com for more information. For comments, email info@docgiff.com.

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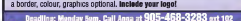
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Rangers win silver

The Niagara Rangers Co-Operators major atom girls basketball team kept their record streak going, claiming the silver medal in the War of 1812 Basketball Tournament at Crossroads Public School.

Maeve Martin and Lexia Poiras provided the team muscle and Maddie Caughill and Olivia Klassen looked after the boards all weekend long posting big numbers in the rebound department.

Sydney Grummett, Ashley Harris and Logan Brown made life uncomfortable for the opposition and Lara Peterson posted her best numbers of the season scoring 15 points.

In the gold medal game, the Rangers played against their old nemesis Chatham, whom the

Rangers have yet to beat on two previous occasions. The Rangers followed a familiar path, taking the lead and staying in front most of the game.

In what proved to be a physical match, the Rangers led by four going into the last period, but Chatham slowly crept back into the game assuming the lead in the final minutes. The girls could not finish what they started and lost 31-29 to finish second and claim the silver medal.

The team has now collected trophies in all five tournaments this season but has yet to win gold. The girls will get another chance when they head to Hamilton Friday to the Blessed Sacrament Tournament, hoping to add the elusive gold medal to the trophy cabinet.



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Administrative Office

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BEND, Kenneth - Passed away peacefully on Tuesday February 11, 2014 at Upper Canada Lodge at the age of 92. His beloved wife of 68 years, Eileen, was by his side. Ken was well known in NOTL for his passion for antique clocks. His clock repairs made him many friends in the village. Right up until the end, Ken could always be found first thing in the morning, riding his bike to the golf course with his clubs on his back before anyone else got there. Ken was a great support to his wife Eileen over these past few years. Ken lived a long life filled with books, poetry and politics, until his heart gave out. He will be sadly missed by his family and many friends. As per Ken's wishes there will be no service. For those who wish, donations may be made to the NOTL Hospital Foundation through **MORGAN FUNERAL HOME** 415 Regent Street, Niagara-on-the-Lake. Memories, photos and condolences may be shared at www.morganfuneral.com

MORGAN
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DYCK, Christine Margaret (Pinder) - It is with great sadness that we announce the peaceful passing of Christine on Wednesday, February 12, 2014, at her home in Niagara-on-the-Lake, at age of 66. Beloved wife of Victor. Loving mother of Suzanne Dyck (Alec Vrielen). Dear sister of Russell Pinder (Chris) of Braintree, Essex England. Aunt of Mark Pinder (Annie), James Pinder (Rachel Thewer), Annette Pinder (Jason Grunwell). Great aunt of Mia Pinder. Fondly remembered by mother-in-law Marie Dyck (late David), brothers-in-law, Peter Dyck (Mary), Heinz Dyck, sisters-in-law, Mary Pankratz (late Henry), Helene Fritz (late Reinhold), Hannelore Krugel (Victor) and Erika Dyck. And also many nieces, nephews, cousins and friends. Predeceased by her parents George and Monica Pinder. Funeral arrangements in care of **MORGAN FUNERAL HOME**, 415 Regent St., Niagara-on-the-Lake, details to be announced in the near future. Cremation has taken place. Those who wish may make a memorial donation to St. Andrew's Presbyterian Church, Lincoln County Humane Society or Walker Family Cancer Centre. Condolences, memories and photo may be shared at www.morganfuneral.com

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PAYNE, John Gary - Passed away peacefully at the St. Catharines General Hospital on Sunday February 2, 2014. Gary, husband of Mary Elaine (Hayden). Step father of Marie Rebecca Flenzen and remembered by his brother in law, Eugene Hayden (Cathy) and sister Susan Smart. Cremation has taken place. A private interment has been held.

Prayers

Prayers

NOVENA TO ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ and faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depths of my heart and humbly beg you to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return I propose to make your name known and cause your name to be invoked, 3 Our Father's, 3 Hail Mary's and 3 Glory Be's. St. Jude pray for us and all who invoke your aid. Publication must be promised. Thanks to St. Jude for favours received through intercession. SS



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Skaters from the NOTL Skating Club achieved great results at the Dennis Silverthorne Memorial Invitational competition held recently in St Thomas. Kelly Hunter earned first place in the Gold Triathlon, Natalie Li was first in the Pre-Novice Women Short Program, Annelise Perron was first in STARSkate Senior Bronze and Cierra Perron was first in the STARSkate Junior Bronze. Li also took third in the Pre-Novice Women Long Program, and Marin McLaughlin was third in the WO Level 2 Development. Emilie Dussault was fourth in the STARSkate Gold, Lexie Madsen was fourth in the Bronze Interpretive and Kyra Marotta was fourth in the WO Level 3 Development. Avery Roy was fifth in the WO Level 2 Development and Madsen was fifth in the STARSkate Junior Silver competition. This was the last of the invitational competitions before the Western Ontario Section STARSkate Championships coming weekend when NOTL skaters will be vying for a spot at the provincial championships to be held in March.

Photo submitted



The Niagara Rangers basketball league held their annual 1812 Tournament at Crossroads Public School, with a food drive for Newark Neighbours, NOTL's food bank. The basketball was as successful as the food drive—the major atom girls won silver and the major bantams won bronze.

Photo submitted

Niagara-on-the-Lake

Worship Directory

GRACE UNITED CHURCH 222 Victoria Street, Niagara on the Lake 905-468-4044 www.greenfieldchurch.ca Minister: Rex Lucas Bergeson 10:30 am Sunday Service Musical Director: Esther Giesbrecht Parking passes are available at the Church	CORNERSTONE COMMUNITY CHURCH 1570 Niagara Stone Rd. www.coculn.ca • 905-468-7155 Sunday, February 23rd 9:30 am: 1st Service & CE (children provided during service) 10:30 am: Coffee Time; 11:00 am: 2nd Service (children provided with way through service) Message by: Randy Friesen, Director of M21 Mission Title: Disciples Making Disciples	GateWay Community Church (P.A.O.C.) 1665 Four Mile Creek Road • 905-468-8971 Sunday, February 23rd February Theme: "The Power of Love" Pastor Dave Tunkalis Ministering www.gatewaycc.ca check here for events and products.
BETHANY MENNONITE CHURCH East/West Line & 4 Mile Creek Road 10:00 am Worship Service 11:00 am Sunday School Come join us this Sunday! All are Welcome! Pastor David Brubacher 905-468-3505 • www.waxline.com/bethany/	VILLAGE Bible Church St. Davids Public School Meeting at 1344 York Road, St. Davids 289-296-9036	LIFE ABUNDANT FELLOW HIP To know Christ & to make Him known! Sunday, February 23rd 10:30 am Worship Message: Three Times Pastor Rick Mills Connection 7 & Queenston Rd., NOTL • 5-468-9898 lf abundant@lifeship@gmail.com
ORC ARD PARK BIBLE C. CHURCH 434 Hunter Rd. 905-468-5731 www.ardparkbiblechurch.org Sunday, February 23rd Sunday School for all ages 8-45 Worship Service 10:40 am Due to renovations: Meeting at NOTL Community Centre Message by Pastor Jim Evans Childcare provided during service	Sunday, February 23rd 10:00am Coffee Time + 10:30am Worship Service Village Kids (ages 1 - grade 5) Grace: Surprised By Grace Pastor Greg Alderton www.villagebiblechurch.ca	Niagara United Mennonite Church "Called to be Servants of Christ in Our Community" 11:00 am Worship Service Message by John Tessen "I Will Bless You" (Genesis 12:1-21) 905-468-3313 http://www.redbrickchurch.ca
ST. MARK'S ANGLICAN CHURCH at Byron Street Founded 1794 Sunday Services 8:30am Holy Eucharist 10:30am Choral Eucharist Wednesday Service 10:00am 905-466-3123 Rector: The Rev. Canon Dr. Robert S.G. Wright www.stmarks1792.com	ST. DAVIDS-QUEENSTON UNITED CHURCH 1463 York Road, St. Davids 905-263-0242 www.stdavid-queenston.ca Minister: Rev. Paul Jones Sunday Worship: 10:30 AM Nunery and Sunday School www.facebook.com/stdavidqueenston Share and celebrate God's love for us all!	TRINITY LUTHERAN CHURCH 2027 Niagara Stone Road 905-468-2611 or 905-468-9673 trinitynotl@coegoc.ca 10:00 am Worship Service Pastor Larry Ritter

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